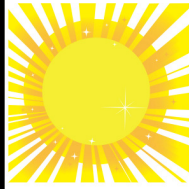


Independent Living Newsletter June 2011

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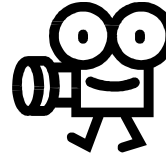
Information!!

We hope that all of you had a safe and wonderful Summer!



We hope to see you at the Independent Living classes and events!

AMC Movie Theater in North Fort Myers has \$5 movies before noon!



Looking for something to do over summer?

Volunteer!
Exercise!
Picnic in a local park!
Look through old family pictures!
Read a classic book!
Plant a garden!
Swim at the community pool!

June 2011

Topic: Parenting

- Wednesday 1st
16+ Lee County 6-7:30pm
- Thursday 2nd
Bonita 6-7:30 pm
- Monday 6th
OMH 7-8 pm
- Wednesday 8th
HH Boys 6:30-7:30pm
- Friday 10th
LAST DAY OF SCHOOL!
- Thursday 16th
Collier 11:30-4 pm
- Monday 20th
OMH 7-8 pm
- Wednesday 22nd
Cooking Class 10-1:30 pm

8 ways to show smart love to your child

by Martha Heineman Pieper, Ph.D. and William Joseph Pieper, M.D.



A Child Is a Child - Learn to see the world through your child's eyes. You promote a child's growth better by embracing immaturity than by fighting it.

Foster Optimism - A child brings loads of hope and good cheer into this world. Teach your child to look life's obstacles squarely in the eye

Create Inner Happiness - The greatest gift you can give your child is a sturdy sense of inner happiness. Outward happiness always will be fleeting and uncertain without this inward foundation.

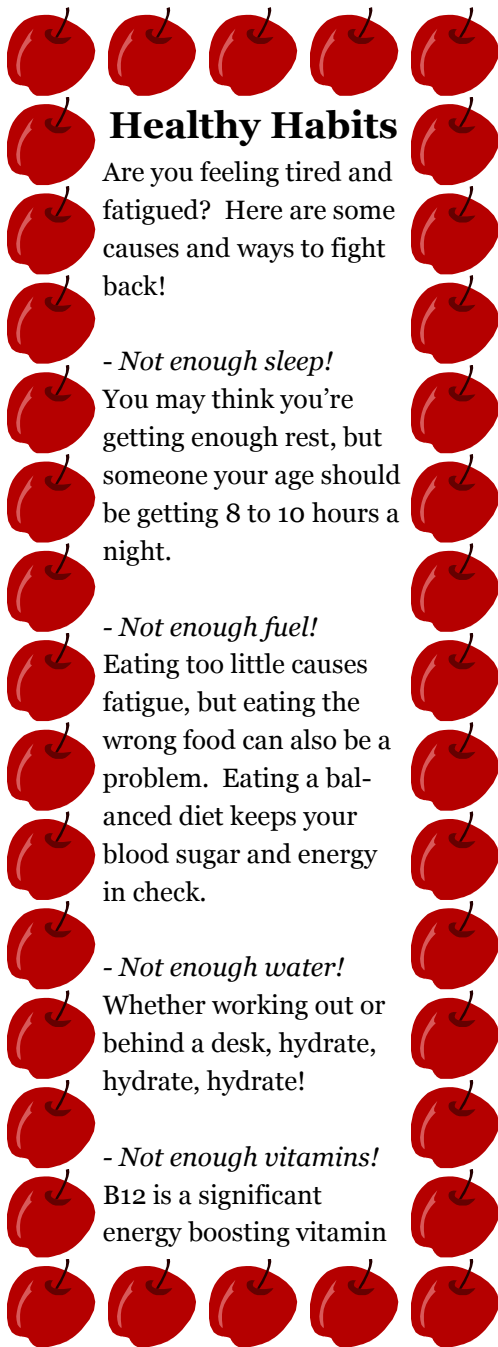
You Are Your Child's Hero - If you come across as unhappy with your child, always acting tough and talking negatively, then your child will expect and want that unhappiness. Reach your child to seek happiness.

Happy Children Behave - Parenting is not "behavior modification." Cultivating your child's inner happiness is what really leads to good behavior.

Provide Quantity Time - On one side are all the reasons you do not have any to give. On the other are the great rewards you and your child will reap when you manage to spend enough time. Make the effort. Quality Time does not make up for a lack of Quantity Time.

Attention Breeds Independence - Lots of loving attention will make your child independent.

Use Your Head and Trust Your Heart - Always remember: Your parenting instincts are good ones. If your head tells you that tough discipline is necessary, but your heart is not in it, take heed. The foremost expert on parenting is the one you see in the mirror.
<http://www.childdevelopmentinfo.com>



Healthy Habits

Are you feeling tired and fatigued? Here are some causes and ways to fight back!

- Not enough sleep!

You may think you're getting enough rest, but someone your age should be getting 8 to 10 hours a night.

- Not enough fuel!

Eating too little causes fatigue, but eating the wrong food can also be a problem. Eating a balanced diet keeps your blood sugar and energy in check.

- Not enough water!

Whether working out or behind a desk, hydrate, hydrate, hydrate!

- Not enough vitamins!

B12 is a significant energy boosting vitamin

*Happy Birthday
June Babies!*



*Shantell D.
Dayneisha D.
Wilson G.
Webber G.
Bethani H.
Andrea H.
Jerricka J.
Kealah L.
Joshua M.
Jessica R.
Sabrina R.
Brenda R.
Adrianna S.
Eraline V.
Zachariah V.*

PARENTING

Playing With Your Child!

Playing with kids builds a bond that will last forever. It lets the child know he or she is loved and appreciated. It opens the door for sharing problems and concerns when the need arises. It helps the parent get to know and under the uniqueness of each child. It is also great stress reducer for overworked parents.

Play outdoors. Throw balls. Go to park. Hike around the neighborhood. Take a nature walk in your backyard.

Play games. Card games. Board games. Let them make up a game. Follow the leader. Hide and seek. Help them learn to take turns, how to win and how to loose.

Family projects. Craft project together. Build a jigsaw puzzle. Bake cookies. Paint a picture.

Listen to music. Sing along. Play instruments along with music. Get out the guitar or keyboard and make music.

Read a book together. Ask questions. Ask them to change the story or make up a new one.

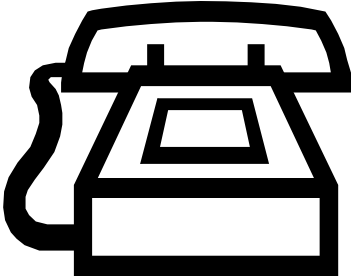
Watch a movie together. Find out what they liked – how they felt. Discover the child's interests. Comment on and discuss any bothersome content either words or actions.

Praise them. Encourage them.

Laugh with them.

<http://www.childdevelopmentinfo.com>

Please remember that IL Transportation is limited...If you need transportation an activity, contact the office 24 hours in advance!



Inspiring Quotes

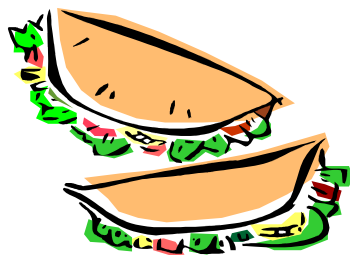
"It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself."
- Joyce Maynard

"The one thing children wear out faster than shoes is parents."
- John J. Plomp

Cooking Corner

Zesty Taco Salad

- 1 Head Iceberg lettuce or 1 Bag Romaine lettuce
- 1 beef steak tomato
- 1 yellow onion
- 1 green pepper
- 1 can yellow corn
- 1 can black beans
- 1 small jar salsa
- 1 bag Dorritos
- 1 small container sour cream (If desired)



Chop lettuce. Dice tomato, onion and pepper. Drain corn and black beans. Mix lettuce, tomato, onion, pepper, corn, and beans together in large bowl. Top with Salsa and sour cream. Crunch Dorritos and add to salad for crunchy topping. Enjoy!

Soda Cake

- 1 (18 ounce) box dry cake mix (any flavor)
- 10 ounces diet soda
- 2 egg whites, beaten and fluffy
- 1 jar of icing



1. Mix the dry cake mix, diet soda, and beaten egg whites until blended
2. Pour into a 9 x 13 sprayed pan or cupcake pan
3. Cook according to the directions on the box
4. Let cool
5. Apply icing
6. Serve and enjoy!

Suggested combinations—yellow cake with diet sprite, chocolate cake with diet coke, orange cake with diet mountain dew

Community Events

Monday May 30th — Sun-N-Fun Lagoon in Naples — \$8 all day admission, kids 3 and under get in free!

Friday June 3rd — Fort Myers Art Walk Downtown Fort Myers (starts at 7 pm)

Saturday June 18th — Fort Myers Music Walk Downtown Fort Myers (starts at 7pm)

Miracle Baseball Team — games \$6.50 for general admission (June 4th-6th, 8th-10th, 12th+13th, 23rd, 27th-30th)

Sunday games start at 1:05pm; all other games start at 7:05 pm

Fast Facts

Sunscreen was actually invented in 1944 during World War II by US Airman (and future pharmacist) Benjamin Green. He noticed many soldiers suffering from sunburn and created his own protective serum, using cocoa butter as the main ingredient. Cooked on his wife's stove and tested on his own bald head, this **sticky, red serum** was *so thick* that it physically blocked the sun's rays. Green's formula became the first sunscreen product, which was later bought and marketed by Coppertone.

During this summer, don't forget to wear you sunscreen, SPF 15 or higher! And drink water, water, water!



1940 Maravilla Avenue
Fort Myers, FL 33901

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Inspiring Lives.

Southwest Division

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"What lies behind us and what lies before us are tiny matters compared with what lies within us"

Independent Living Services Team:

Sherry Wenzel: Cell (239) 218-8629
Email: sherry.wenzel@chsfl.org

Jamie Calendine: Cell (239) 687-9967
Email: jamie.calendine@chsfl.org

Ingrid Ricketts-Smith: Cell (239) 687-9984
Email: ingrid.ricketts@chsfl.org

Gina Romano: Cell (239) 687-9975
Email: gina.romano@chsfl.org

Southwest Division
1940 Maravilla Avenue
Fort Myers, FL 33901

Lee & Collier Counties
(239) 277-0096

**Charlotte, Glades & Hendry
Counties**
(800) 940-0102

